

## FOOTBALL — AGREEMENT TO PARTICIPATE

Tackle Football is a contact sport which can be hazardous. Tackle football involves many risks of injury. Tackle football involves fast staling and stopping, tackling, running, blocking, violent contact of bodies and contact of equipment and bodies, lateral movements while running and catching a football, kicking, throwing and catching a football, and footwork and agility movements.

As part of school policy, all athletes are required to obtain a physical prior to participation. If you have any physical limitations of which the school and coaching staff should be aware of, please obtain a physician's consent for you to participate.

The dangers and risks involved in practicing or playing tackle football include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, brain damage, concussions, serious injuries to internal organs, serious injury to bones, joints, ligaments, muscles, tendons, and other areas of the muscular-skeletal system. In addition to serious injury, the risks and dangers may result in a serious impairment of future abilities to earn a living, or to engage in business, social, and recreational activities. Other less serious risks include mild concussions, broken bones, knee injuries, sprains, strains, and bruises.

Improper use of the helmet, specifically lowering the head and using the head and the helmet as the primary point of contact in executing a tackle or in running with the football, can result in serious neck injuries which can result in paralysis. Players should never lower their head and use their helmet as the primary point of contact. Spearing is illegal under the rules of football as spearing is dangerous to the tackler and the opponent and can result in serious injury.

Proper equipment will help reduce the occurrence of injury, but is not an absolute guarantee. NOCSAE-approved helmets will be worn by all participating players. Shoulder pads, girdles, thigh, and knee pads will also be part of standard equipment. Knee braces are available to players who wish to use this knee protection during the season. Proper footwear includes football cleats, shoes and socks. All players are required to purchase and wear a mouthguard. Because of the dangers of tackle football, I recognize the importance of following and obeying the coaches' instructions regarding proper fundamentals and playing techniques, training and other team rules.

If you have any questions concerning any of the risks, dangers, or equipment requirements above, please ask the coaching staff. If you wish to ask your questions confidentially, please write your questions on the back side of this form and the coaching staff will discuss them with you individually.

I have read the preceding and certify that I am physically fit to participate in tackle football. I further attest that I have sufficient experience to enable me to participate in high school tackle football. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN THE SPORT OF TACKLE FOOTBALL. I voluntarily participate in this activity.

Signature of Participant \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Date Signed \_\_\_\_\_

DUNKERTON COMMUNITY SCHOOLS

INSURANCE WAIVER

Student's Name \_\_\_\_\_

All athletes and cheerleaders are required to have a physical examination and verification of medical insurance before participating in athletic or cheerleading practice or competition.

Parents are requested to provide the following information deemed beneficial in the event that your child needs immediate medical attention

Family physician \_\_\_\_\_

Hospital preference \_\_\_\_\_

Do you have health insurance coverage for the above student? \_\_\_\_\_

Name of insurance company \_\_\_\_\_

Do you want to purchase health coverage for the above student through the school insurance program? \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

Date \_\_\_\_\_